

## Domestic Abuse and Violence

We are finding out that many more people, women and men, are subjected to violence in the home than we ever imagined. Breaking the secrecy, silence and shame is your first step to getting the help and support needed to make changes. One of the key elements that support domestic abuse and violence is keeping it a secret.

Domestic abuse, occurs when one person in a relationship or marriage tries to dominate and control the other person. The abuser may use fear, guilt, shame, and intimidation to gain power & control over you. The abuser may threaten you, hurt you, or hurt those around you. Drugs and Alcohol are often a component of violence in relationships. Domestic abuse that includes physical violence is called Domestic violence.

When considering counseling for domestic violence often persons believe that battering, or the use of physical force, is the only offense. However it is only part of a system or symptom of behavior. Domestic violence can also be used in other forms to establish and maintain power and control over another.

These behaviors, along with descriptions, are listed below. Because they are reinforced by the threat or use of physical abuse, these behaviors are very powerful. The objective in a relationship is to have "Equality." The contrast between "Power and Control" and "Equality" is evident. An important step in stopping violence is for each partner to take responsibility for his or her behavior and not offer excuses that claim they have no choice about what they do.

### Warning Signs

• Intimidation

• Isolation

• Emotional Abuse

• Economic Abuse

• Sexual Abuse

• Using Children

• Threats

• Passive-aggressive patterns

• Overreactions of hostility

• Verbally abusive language

• Unexpected and unpredictable behaviors (e.g., rage outbursts, clenched fist)

AAR Counseling Services can help. Call today 1-800-289-7102 and begin getting the help you need counsel you with domestic violence.